

HALLOWEEN FAVORITES – ROASTED PUMPKIN SEEDS

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Ingredients:

- 1 ½ cups raw whole pumpkin seeds
- 2 teaspoons extra virgin olive oil
- Pinch of salt

Directions:

- Pre-heat oven to 300 degrees F.
- Toss seeds in a bowl with olive oil and sprinkle a pinch of salt over seeds.
- Spread an even layer on a baking sheet and bake for about 45 minutes or until golden brown. Let cool before serving.
- Serve seeds in a decorative bowl or as food garnishment.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.